

Week 7 Outline	Video Topic	Points to Emphasize	Handouts/Supplies
1. Check attendance. 2. Distribute name tags. 3. Review “Points to Emphasize.” 4. Show Week 7 DVD 5. Collect name badges.	<ul style="list-style-type: none"> Positive Reinforcement 	1. Some people smoke because of: <ul style="list-style-type: none"> social needs psychological needs physical needs habit 2. People do not continue to practice non rewarding behaviors. 3. “A Journey is a series of short trips.” 4. “Biggest fear we have is fear of the unknown.” 5. Your brain is still dependent on nicotine. Giving up cigarettes is a major accomplishment. 6. Support Group is absolutely essential to successfully quit. 7. Patients who succeed... <ul style="list-style-type: none"> Minimize withdrawal through adequate doses of NRT Learn to trust alternate nicotine source Have realistic expectations about the process Use NRT long enough to allow behavior change to occur. Attend weekly support meetings. 8. Recommendations: <ul style="list-style-type: none"> Visit dentist Wash clothes and send things to the dry cleaner Clean drapes, sofa, carpet Wash inside of car and put in a new car air freshener 9. This week Begin Nicotine Reduction <ul style="list-style-type: none"> if on 21 mg. patch step down to 14 mg. CQ patch if on 4 mg. gum or lozenge, use no more than 6 pieces per day 10. Don’t Get Impatient and Remember – “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed.”	<u>Supplies:</u> <ul style="list-style-type: none"> Attendance sheet Name badges DVD/TV DVD 13:28 <u>Handouts:</u> <ul style="list-style-type: none"> Life After Cigarettes Short and Long Term Health Benefits

